

# Grow and Eat Your Way to Better Health Today

A PRESENTATION BY  
**JOHN KOHLER**

John will share with you his top 3 tips that you can use to better your health. John has been on a lifelong journey to continually improve his health because of a life-threatening illness over 20 years ago. You will discover how John turned his health around. You will learn how you can use diet to prevent and reverse disease. You will also discover why eating foods from the grocery store may not be good enough and why you should grow some of the food to have a greater level of health and give yourself every possible advantage in healing.

**After attending this talk, you will learn:**

- 5 Foods You Can Easily Grow Anywhere in Hawaii
- The best way to include more disease fighting vegetables in your diet
- Top foods that can help disease-proof your body
- How you can determine the quality of fruits and vegetables with a simple test
- And much, much more...

## TUES., FEB. 7, 2017, 7 P.M.

**ALA WAI GOLF COURSE CLUBHOUSE  
OAHU: 404 KAPAHULU AVE., HONOLULU**

(AT END OF 0.2 MI. DRIVEWAY BETWEEN GOLF COURSE AND  
WAIKIKI-KAPAHULU LIBRARY —ACROSS FROM THE CHEVRON STATION)

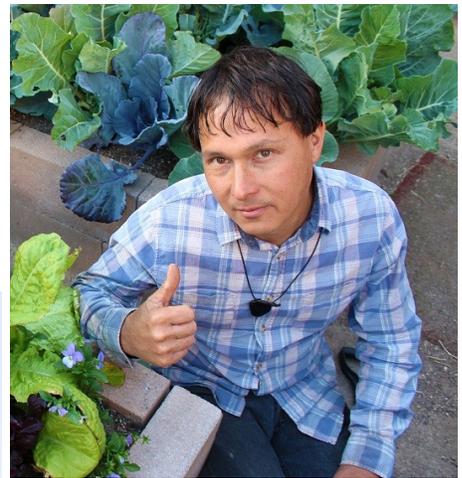
John Kohler will also lecture on Kauai and Maui:

**KAUAI—SUNDAY, FEB. 5, 4:30 P.M.** w/VEGAN POTUCK, RAW DISH SUGGESTED, AT SUN VILLAGE CLUBHOUSE, 3-3400 KUHIO HWY, LIHUE. \$25 gift card for best vegan dish! If no dish, suggested donation \$10.

**MAUI—THURSDAY, FEB. 9, 7 P.M.,**  
VELMA SANTOS COMMUNITY CENTER, 395 WAENA ST., WAILUKU

## WED., FEB. 8, 6-8 P.M., VEGAN DINE-OUT!

**LOVING HUT, 1118 FORT ST. MALL, Pkg. avail. at Bethel St. municipal lot.**  
**\$19.50 total. Cash / check at event. Join us for a delightful evening!**  
Summer roll w/ peanut sauce, Happy Buddha soup, Heavenly Salad, Lucky Chow Fun w/ ginger (no onion), Enlightened Eggplant Tofu. g-f  
To RSVP, call or text Carol up to 9 p.m. at (808) 728-6639.



John Kohler has been on an uncooked, plant based diet since 1995; when he turned to raw foods for healing from a life threatening-illness (spinal meningitis) and has enjoyed dynamic health ever since. The focus of his research has been in the area of obtaining the highest level of health. One of John's goals is to educate the world about the benefits of fruits and vegetables. He is the founder and creator of the largest raw food website on the internet, [www.RawFoods.com](http://www.RawFoods.com) that he started in 1997. John also owns and manages [www.DiscountJuicers.com](http://www.DiscountJuicers.com) and is the number one expert on raw food's appliances and gadgets in the world. His latest projects are [www.GrowingYourGreens.com](http://www.GrowingYourGreens.com) where he teaches people how to grow food at home. At [www.OkRaw.com](http://www.OkRaw.com) you can learn from his wealth of raw food knowledge. This is a rare opportunity to hear John in person as most of his teaching is done on YouTube where his 2200+ videos have been viewed over 80 million times!



**Vegetarian Society of Hawaii**

**Join us!**

For more info: call 944-VEGI (8344) or visit [www.vsh.org](http://www.vsh.org).

**FREE Admission  
& Refreshments**

Oahu and Maui Lecture refreshments courtesy of Down To Earth.